

Table 1. Demographic characteristics of the study population	
Age (years)	45.5 ± 1.2
Gender (male/female)	10/10
Marital status (married/divorced/separated)	10/0/0
Education (years)	12.5 ± 0.5
Occupation (white/blue)	10/0
Religion (Muslim/Jewish/Christian)	10/0/0
Smoking status (smoker/non-smoker)	10/0
Alcohol consumption (yes/no)	0/10
Family size (number of children)	2.5 ± 0.5
Household income (TL/month)	1500 ± 200
Health insurance (yes/no)	10/0
Previous medical history (hypertension/diabetes/asthma)	0/0/0
Current medications (antidepressants/antipsychotics)	0/0
Duration of illness (years)	5.5 ± 1.5
Severity of illness (mild/moderate/severe)	10/0/0
Compliance with treatment (yes/no)	10/0
Social support (high/low)	10/0
Stress levels (high/low)	10/0
Quality of life (high/low)	10/0
Overall health status (good/fair/poor)	10/0/0

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